

Ibsen, Bjørnson, and many of the painters whose works you can see in the National Gallery (all marked on a map posted at the entrance). Exiting on the far side of the cemetery, walk left 100 yards up Akersveien to the church.

The Romanesque **Gamle Aker Church** (from the 1100s), the oldest building in Oslo, is worth a look inside (free, Mon-Thu 14:00-16:00, Fri 12:00-14:00). The church, which fell into ruins and has been impressively rebuilt, is pretty bare except for a pulpit and baptismal font from the 1700s.

From the church, backtrack 20 yards, head left at the playground, and go downhill on the steep **Telthusbakken Road** toward the huge, gray former grain silos (now student housing). The cute lane is lined with colorful old wooden houses: The people who constructed these homes were too poor to meet the no-wood fire-safety building codes within the city limits, so they built in what used to be suburbs. At the bottom of Telthusbakken, cross the busy Maridalsveien and walk directly through the park to the Akers River. The lively Grünerløkka district is straight across the river from here, but if you have 20 minutes and a little energy,

detour upstream first and hook back down. Don't cross the river yet.

Walk along the riverside bike lane upstream through the river gorge park. Just above the first waterfall, cross **Åmotbrua**, the big white springy suspension footbridge from 1852 (moved here in 1958). Keep hiking uphill along the river. At the base of the next big



waterfall, cross over again to the large brick buildings, hiking up the stairs to the Beyer bridge (above the falls) with **Fabrikkjentene**, a statue of four women laborers. They're pondering the textile factory where they and 700 like them toiled long and hard. This gorge was once lined with the water mills that powered Oslo through its 19th-century Industrial Age boom.

The tiny red house next to the bridge—the **Honse-Lovisas Hus** cultural center—makes a good rest-stop (Tue-Sun 11:00-18:00, closed Mon, coffee and cake). Cross over to the red-brick Ringnes

Brewery and follow **Thorvald Meyers Gate** downhill directly into the heart of Grünerløkka. The main square, called **Olaf Ryes Plass**, is a happening place to grab a meal or drink. Trams take you from here back to the center.

• To continue exploring, you could keep going straight and continue walking until you reach a T-intersection with a busy road (Trondbeimsveien). From there (passing the recommended Südøst Restaurant), you can catch a tram back to the center,

Getting There: Grünerløkka can be reached from the center of town by a short ride on tram #11, #12, or #13, or by taking the short but interesting walk described next.

▲Walk up the Akers River to Grünerløkka—While every tourist explores the harborfront and main drag of Oslo, few venture into this neighborhood that evokes the Industrial Revolution. Once housing poor workers, it now attracts hip professionals. A hike up the Akers River, finishing in the stylish Grünerløkka district, shines a truly different light on Oslo. Allow about an hour at a brisk pace, including a fair bit of up and down. Navigate with the TT's free city map and the map in this chapter. This walk is best during daylight hours.

Begin the walk by leaving Karl Johans Gate at the top of the hill, and head right up Akersgata, which eventually becomes Ullevålsveien. **Akersgata** is Oslo's "Fleet Street" (lined with major newspaper companies) and home to some big government buildings that were the target of the July 2011 bombing (see sidebar). The site of the car bombing is one block over, on Grubbegata; Norwegians are planning to build a memorial here in the near future.

• Due to the bombing, the next few blocks of Akersgata may be closed off. If that's the case, take this detour: From Akersgata, turn right on Grendsen (a busy commercial street), walk two blocks, and turn left on Møllergata. Walk for about 10 minutes along Møllergata, crossing over a freeway. At the next intersection, you'll see a church on the right. Turn left on Hammersborg Torg, jog slightly to your left at the next street, and then turn right to take the pedestrian walkway in front of the Diechmanske Library. The next street is Akersgata; turn right at the brick church, and continue the walk as described below.

Now you'll pass the massive brick Trefoldighets Church and St. Olav's Church before reaching the **Vår Frelser (Our Savior's) Cemetery**. Enter the cemetery across from the Baby Shop store (where Ullevålsveien meets Wessels Gate).

Stop at the big metal map just inside the gate to chart your course through the cemetery: Go through the light-green Æreslunden section—with the biggest plots and highest elevation—and out the opposite end (#13 on the metal map) onto Akersveien. En route, check out some of the tombstones of the illuminati and literati buried in the honorary Æreslunden section. They include Munch,

